



Farm2School

FARM FRESH FOODS GROWN LOCALLY



To learn more, visit farm2schoolmn.org.

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What is Farm2School?

Farm2School programs promote healthy eating habits, support neighboring small and mid-sized farmers, and build the local economy. Plus, they offer important learning opportunities for students in the cafeteria, in the classroom, and in the community.

Studies show that students eat more fruits and vegetables when they are fresh and picked at the peak of their flavor. Students are also more likely to try new foods that are part of a **Farm2School** program.

Hundreds of schools across Minnesota now feature **Farm2School** programs, including fresh, healthy menu items, school gardens, classroom curriculum, interaction with nearby farmers and community involvement. In turn, area farmers are providing an array of high quality **Farm2School** foods including fruits, vegetables, grains, wild rice and many others.



Spring Lake Park Schools Food Service Department

September 2011

It's Farm2School Month: Local Farms, Fresh Food

We're excited to show you the new ideas we've got cooking. Our Food Service Department is proud to be part of a statewide initiative to offer more locally grown, farm fresh foods at school. Farm2School Programs promote healthy eating habits and boost the local economy. This month, gobble up sweet corn, leaf lettuce and green beans from Costa Farms/White Bear Lake, MN & carrots and from Ed Fields/Andover, MN. Plus many more items; cucumbers, summer squash and apples will be featured throughout the fall months. Join us for lunch and help support our local farmers!

